



A CUP OF HEALTH WITH CDC

Healthy Kidneys

National Kidney Month — March 2017

Recorded: February 28, 2017; posted: March 2, 2017

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

[Dr. Latetia Moore] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm Dr. Latetia Moore, filling in for your host, Dr. Robert Gaynes.

Kidneys that function properly are critical for maintaining good health, however, more than one in seven American adults have kidney disease and most aren't aware of their condition.

Nilka Rios Burrows is a researcher with CDC's National Center for Chronic Disease Prevention and Health Promotion. She's joining us today to discuss the importance of maintaining healthy kidneys. Welcome to the show, Nilka.

[Nilka Rios Burrows] Thank you.

[Dr. Moore] Nilka, how common is kidney disease in the U.S.?

[Nilka Rios Burrows] In the United States, 15 percent, or more than one of seven adults age 20 or older are estimated to have chronic kidney disease. Every 24 hours, more than 300 people begin treatment for kidney failure. Kidney diseases are the ninth leading cause of death in this country.

[Dr. Moore] What are the most common symptoms?

[Nilka Rios Burrows] People with kidney disease may not feel sick or notice any symptoms. In fact, most people with kidney disease are not aware of their condition. When kidney disease is advanced, people may feel tired all the time or they may have swelling because of the fluids accumulating in their bodies. Once the kidneys fail, you either have to have regular dialysis or a kidney transplant.

[Dr. Moore] What are the leading causes of kidney disease?

[Nilka Rios Burrows] Adults with diabetes or high blood pressure, or both, have a higher risk of developing kidney disease than those without these diseases. Your risk of developing kidney disease also increases with age, particularly after age 50, as diabetes and high blood pressure are more common with older age. Other risk factors include heart disease, obesity, and a family history of kidney disease. Talk to your doctor about getting tested for kidney disease if you have diabetes or high blood pressure or a relative with kidney disease or kidney failure. Simple blood and urine tests are used to diagnose kidney disease and early diagnosis and treatment will help to slow down the progression of the disease.

[Dr. Moore] How is kidney disease treated?

[Nilka Rios Burrows] Once detected, kidney disease may be addressed through lifestyle changes, including making healthier choices about what you eat and what you drink and can often be treated with medications. There's a certain class of blood pressure medicines called ACE inhibitors that protect the kidneys and slow the progression of kidney disease, in addition to lowering blood pressure. Also, if you have diabetes, keep your blood sugar levels under control. These approaches and treatments may keep kidney disease from getting worse and may prevent additional health problems, such as heart disease.

[Dr. Moore] What can we do to maintain healthy kidneys?

[Nilka Rios Burrows] What we can do to keep healthy kidneys are the same things that we do to manage kidney disease. As I said before, if you have diabetes or high blood pressure, keep your blood sugar levels and the blood pressure under control. You can also eat a healthier diet, lose weight, and be more physically active. These are things that can help you lead healthier lives and prevent or delay other chronic conditions, such as diabetes and heart disease. Healthy lifestyle for healthy kidneys. And at your regular check-up, be sure to ask your doctor about kidney disease.

[Dr. Moore] Where can listeners get more information about kidney disease?

[Nilka Rios Burrows] Listeners can go to cdc.gov/ckd.

[Dr. Moore] Thanks, Nilka. I've been talking today with Nilka Rios Burrows about ways to maintain a healthy kidneys.

Controlling blood pressure and diabetes can prevent or delay the onset of kidney disease. In addition, simple lifestyle changes such as eating a healthy diet, exercising regularly, and maintaining a healthy weight can improve your chances of avoiding kidney problems.

Until next time, be well. This is Dr. Latetia Moore for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.